

**From:** Tramaine Stevenson, Director of Program Development and Operations, National Council  
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**NATIONAL COUNCIL**  
**FOR BEHAVIORAL HEALTH**  
 MENTAL HEALTH FIRST AID



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**MENTAL HEALTH FIRST AID™**  
*News and Updates*



### Mental Health First Aider eNews

This biweekly newsletter provides breaking news, updates and useful resources from Mental Health First Aid USA.



### TRAINING & EVENTS



#### **ALGEE Tales: How do you use Mental Health First Aid?**

Last issue, we shared some inspiring stories about how three First Aiders put their training into action. Now we want to hear from you! Share how you've put the 5-step action plan into practice with [Laura Roth](#), and you might be featured in an upcoming First Aider eNews! Please note that names and details will be changed to protect anonymity.

#### **Go Green for Mental Illness Awareness Week!**

In honor of Mental Illness Awareness Week October 5–11, ALGEE and the Mental Health First Aid USA team will be wearing green to raise awareness. [Show your support or share your story on Facebook and Twitter, or distribute posters and brochures in your area.](#)



### **Free Texting Crisis Support Service for Teens**

As you learned in Mental Health First Aid, help for someone in crisis can come in many forms. [Crisis Text Line](#) (CTL) can provide immediate support for young people in crisis via a medium they already use and trust. The mobile texting service offers free, 24/7, emotional support and information from trained specialists for any

type of crisis, mental health or otherwise. The specialist supports the teen in staying safe and healthy with effective, secure counseling and referrals.



## FAST FACT



**1 in 4 adults** and **1 in 5 children** will experience a mental illness this year.

**120 state and local school districts** received funding for Mental Health First Aid training through the President and Vice President's "Now Is the Time" plan to reduce gun violence, increase access to mental health services, and make schools safer.



## What do you and Congress have in common?

You're both talking about Mental Health First Aid! Last year, Congress appropriated \$15 million in the 2014 budget for Mental Health First Aid trainings around the country. That was no accident – the National Council, along with Mental Health First Aid advocates, is hard at work in DC building congressional support for Mental Health First Aid. [Check out this op-ed](#) from Congresswoman Lynn Jenkins (R-KS) and Bert Nash Center CEO David Johnson calling Mental Health First Aid a "mental illness game-changer." Their words are an important reminder of why federal support for Mental Health First Aid is so important – and how building relationships with your elected officials can help raise awareness of Mental Health First Aid on Capitol Hill. We'll keep you informed about state and federal actions to build support for Mental Health First Aid – and share opportunities for you to get involved.



## Nominations Open: Mental Health First Aid Impact Award

Has someone you know made a significant impact on your community through the delivery of Mental Health First Aid? The National Council Awards of Excellence program is accepting nominations now through November 5 for



the [2015 Impact Awards](#). This prestigious award will honor an individual or organization with a grant award and national recognition for outstanding contributions to the fight against mental illnesses and addictions. [Get more information](#).

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*Mental Health First Aid USA is coordinated by the National Council for Behavioral Health, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health.*

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## CONTACT

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